

DINNERLY



Mediterranean Chicken Tray Bake

with Sweet Potato and Capsicum Sauce



40 minutes



2 Servings

There's something deeply satisfying about one-tray dinners. Not only do all the flavours mingle together as everything slowly roasts in the oven, but minimal prep and cleaning up is pretty appealing too!

WHAT WE SEND

- 1 sweet potato
- 1 zucchini
- 50g pitted green olives
- 10g mint and rosemary seasoning ^{6,17}
- free-range chicken thigh fillets
- 50g chargrilled capsicum dip

WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil
- 2 tsp honey
- 2 tbs mayonnaise ³

TOOLS

- oven tray
- baking paper

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 630kcal, Fat 43.7g, Carbs 26.6g, Proteins 31.6g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **sweet potato** and cut into 2cm chunks. Cut the **zucchini** into 1.5cm chunks. Quarter the **olives**. Crush or finely chop **1 garlic clove**.



2. Roast veggies

Combine **half the mint and rosemary seasoning**, **1 tbs olive oil** and **2 tsp honey** in a large bowl. Add the **sweet potato** and **zucchini**, season with **salt and pepper** and toss to coat. Put on the lined tray and roast for 15 mins. Reserve the bowl.



3. Roast chicken

Meanwhile, combine the **garlic**, **remaining mint and rosemary seasoning** and **2 tsp olive oil** in the reserved bowl. Add the **chicken**, season with **salt and pepper** and turn to coat. Put the chicken on top of the veggies and roast for a further 15 mins. Add the **olives** to the tray and roast for 5 mins or until the chicken is cooked through and the veggies are tender.



4. Make capsicum sauce

Combine the **chargrilled capsicum dip** and **2 tbs mayonnaise** in a bowl. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **chicken, veggies and olives** among plates. Spoon over any tray juices. Top with a dollop of the **capsicum sauce** and enjoy!



6. Make it yours

Do you have any parsley or mint in the fridge? Scatter the leaves over the tray bake before serving for an extra pop of colour and fresh flavour.